

THE SAINT BARNABAS CENTER

newsletter # 26
November 2025

Hello Friends,

Happy Thanksgiving to one and all!!

Are you ready to sail against the wind? In a world that seems to be devolving into one based on might makes right, it appears that retribution and vengeance are more important than brotherhood and empathy. It's a world where those who have the most wealth and guns dictate the terms on how the others are permitted to live. It's a world in which many of our leaders put a finger up to see which way the wind is blowing and immediately join the stampede in the same direction. They don't stop and say: "Wait, this is insane, we've got to change direction". They just go along with the mighty in hopes that they'll be rewarded by their masters.

November offers two instances for those who are ready to sail against the wind. One is Election Day. The other is Thanksgiving. There is an old saying: If you believe you can do something – you can. If you believe you can't – you can't. Do you believe you can change the world? Even at this late date? If you said yes, you are correct. First, we must cleanse ourselves. Let's not fool ourselves into believing only those on the other side are angry, hateful & bitter. We are too. As we approach our family Thanksgiving dinner, are we loaded for bear? Are we ready to add more people to the list of people we no longer speak to? Or, are we willing to engage in only reasonable conversation, no matter how much we are baited to do otherwise. There was a time when my brother and I were on the verge of never speaking again. We were angry and at times seemed to hate one another. We avoided contact with each other. There came a time when he needed some help. I was able to provide it and the whole relationship changed. We started having conversations where I would listen to him and he would listen to me. We began to understand each other although we didn't change sides politically. We now speak by phone and every conversation ends with "I love you." One small step in sailing against the wind. So let's start at rebuilding relationships at Thanksgiving table.

On Election Day come out to vote. Vote for candidates who are reasonable. Don't let them divide us into red and blue. Vote against candidates who try to aim your anger at a group as the source of all your problems. When voting, try to keep in mind an America that is open to all its citizens. An America that wants to build friendships around the world. An America that respects its allies and is concerned about their well-being. Let us return to an America that wants to lend a helping hand to those in need.

First, at Thanksgiving we begin to heal our families. On Election Day we vote to be true to our values. After that we move on to building communities. Then we seek to change the world. We can change the world. All you have to do is believe it. If you think we can—we can!

Speaking of building communities, our new intern Sarah Haines is intent on building communities. She's already had several events with the St. Barnabas Center. She uses poetry to bring people together. She's a busy lady. Check out her three events for the St. Barnabas Center in this issue:

There is the Halloween Dinner Nutrition Demo Extravaganza-Oct.28th; The Prayer Night Friendsgiving Pot Luck November 23rd; and two Psalm Workshops, Nov.13th & Dec 2nd.

We continue providing an Episcopal Service in Kutztown. Check out details in this issue.

We are also repeating the Advent Gift Box Program. This program was a big success last year and we intend to expand it. See details in this issue

We at the Center hope that there is some event in this issue that you wish to attend.

Events This Month:

Halloween Dinner Extravaganza: Tuesday, October 28th – 5:30 pm



Saint Barnabas will be transformed for one night into a mansion of spooky splendor! You are invited to come participate in a costume dinner party at the Saint Barnabas Center on the evening of Tuesday, October 28th. There will be many surprises awaiting attendees, including a cooking demonstration, a Creature Feature nutrition presentation, and a free to join raffle! Registration is requested so we can be sure to have enough ghoulishly delicious food for dinner. RSVP by accessing the QR code or emailing shain827@live.kutztown.edu. Dare to be delighted by an evening of nutritious edu-tainment.

Senior Luncheon: Friday, November 7th – 11:00am-1:00pm



We are sorry to have canceled our October Senior Luncheon, but some of our food preparers were sick and others were away. Our dedicated volunteers specialize in cooking memorable meals on the first Friday of every month. This November is no exception. Come out on Friday, November 7th between 11:00am-1:00pm for a great meal and meet some new friends. Our theme will be Italian. Our menu this month will feature traditional lasagna, butternut squash lasagna, gluten-free lasagna roll-ups, salad, garlic bread and an Italian Dessert. As always the luncheon is free. So is the friendship and camaraderie that occurs at these events. We'll see you there.

St. Barnabas Church Service: Sunday, November 16th – 1:30 pm



On Sunday, November 16th at 1:30 pm we will offer our 3rd service this year. In the following months, we will have a service on the 3rd Sunday of each month. We will be offering additional services for the Advent season. On those Sundays when we cannot obtain clergy, we will have Noonday Prayers. Our goal is to develop an ongoing weekly service.

Chair Yoga: Every Wednesday Morning, 9:30-10:30am



For people who need stretching and exercise but cannot enjoy traditional yoga practices, we offer Chair Yoga. Kris is a talented professional who adapts her instruction to the needs of all participants. The first lesson is always free to see if it is right for you. If you decide you want to come again it will be \$10.00 per lesson.

The Benefits of Chair Yoga by Kris Amey

Sitting in a chair for exercise may sound counterintuitive. But chair yoga is one beneficial form of exercise that embraces the chair as a prop, making exercise accessible to anyone. A quick Internet search on “benefits of chair yoga” finds numerous results such as:

1. **Gain strength** – With regular practice, chair yoga is a great way to strengthen your body. In each yoga pose, you work your muscles to hold and complete the pose. An increase in strength can lead to improved balance.
2. **Increase flexibility** – Chair yoga can help improve your current flexibility and help to maintain it, making everyday activities much easier on the body and improve your mobility.
3. **Reduce stress** – Chair yoga provides more than just physical health benefits; it's great for your mental health, too! By focusing on your movements, breath, and your body, you create a form of meditation. This can also lead to improving your mood.
4. **Sense of community** – Participating in a class with others can provide a sense of community. A group setting can help you meet and bond with new friends or neighbors. You may find inspiration and motivation in those around you.
5. **Better sleep** – Having a regular exercise routine is often associated with improved sleep.

KOFEE: Monday, Oct. 27th – 7:00pm



1. We will have our KOFEE in-person meeting on Monday Oct 27 at 7:00 pm in St. Barnabas Center. Please park and enter around the back.
- 2 Meeting of the full school board on Monday Nov 3 at 7:30 pm in the high school library.

3. ELECTION DAY NOVEMBER 4th. Make a plan to vote! Talk to your friends and neighbors about the importance of getting out to vote this year!

If you are willing and able to volunteer the day of the election, we would love to have your help! It would be nice to have people outside of the polls during the busy times (7-9 am, 11:30-1:30 pm, 5-8 pm). KOFEE: Kutztown Organized for Educational Excellence

Visit us to learn more about us at kofee.info Contact: PO Box 54, Kutztown, PA 19530; kofee.kasd@gmail.com

Kutztown Area School Board & Superintendent emails:

"Michael Hess" <mhess@kasd.org>, "Caecilia Holt" <cholt@kasd.org>, "Laurel Ziegler" <lziegler@kasd.org>, "Erin Engel" <eengel@kasd.org>, "Jason Koch" <jkoch@kasd.org>, "Jeremiah Light" <jlight@kasd.org>, Daniel Wismer <dwismer@kasd.org>, Dennis Udicious <dudicious@kasd.org>, Reba Hoffman <rhoffman@kasd.org>, "Christian Temchatin" <ctemchatin@kasd.org>

Community Crafters/ Threads Meets Every Thursday 2 pm



There are opportunities to engage in all kinds of needlecrafts, including but not limited to knitting, crocheting, slow stitch, and embroidery—beginner, intermediate and expert crafters are all welcome!

Our crafting group had received a notice that there is an urgent need for women’s chemo caps in the Lehigh Valley. Our talented knitters and crocheters came through and provided a huge bag full of beautifully crafted caps, scarves and prayer squares!

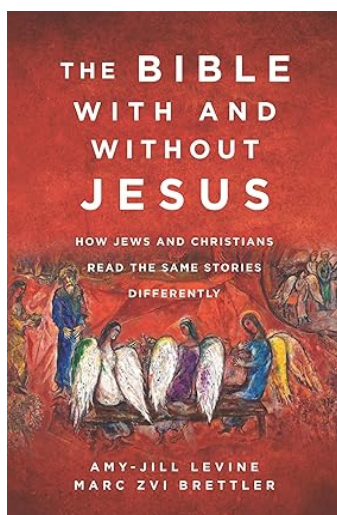
We at St. Barnabas have yarns and patterns we’d be happy to share with you if you are willing to help us continue to meet this need. You may pick up yarn and patterns and work on your contributions from home or with us at the Center with us.

All chemo caps must be made with cotton or acrylic yarn and be washable. No wool! If you have any questions, email us at the Center

The Bible With and Without Jesus: Two-Part Book Study Class

Begins – October 6-November 24, 2025, 7:00 p.m.

Part 2 – January 12-February 9, 2026, 7:00 p.m.



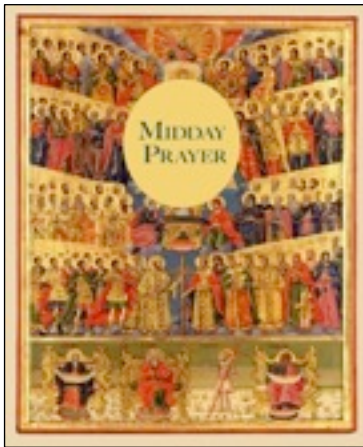
In their book, Amy-Jill Levine and Marc Zvi Brettler explore some of the Hebrew Bible passages that figure most prominently in the New Testament, discussing the original context of these passages, as well as how Jews and Christians have understood them throughout history.

Please order ***The Bible With and Without Jesus*** from your favorite bookstore. ****Choose the 494-page version, NOT the shorter one.****

Amy-Jill Levine is Professor of New Testament and Jewish Studies. Marc Zvi Brettler is Professor of Jewish Studies. These two top Bible scholars also strive to foster mutual understanding and respect between Jews and Christians. All classes will be held via zoom. **Take**

one part or both. There is no charge, but to receive the zoom link, for security reasons you must **preregister**. Send a note to laura@stmargaretsemmaus.org to register. Sponsored by St. Margaret’s Episcopal Church and the St. Barnabas Center.

Virtual Midday Prayer: Every Wednesday, 12:00-12:45pm



Midday Prayer Service is held via zoom every Wednesday from 12:00-12:45 pm in conjunction with St. Margaret's Episcopal Church in Emmaus. Officiated by Mo. Laura Howell, services are open to all and focus on a saint whose feast day falls within that week. If you are interested in participating, contact us at stbarnabascenter@hometownu.com and we will be happy to provide a link.

Psalm Writing Workshops: Thursday, November 13th – 4:30 & Tuesday, December 2nd – 6:00pm



My routine every day includes reading a motivational meditation piece. This morning's piece from Each Day A New Beginning App, focused on how each event in our lives contributes to creating our own personal tapestry and suggests that we may not understand the purpose or impact of each experience or event, but that acceptance of their role in teaching us with gratitude can have a profound effect upon on. To quote the App on Gratitude, "Practicing Gratitude will help us more fully appreciate what has been offered us. Being grateful influences our attitude, it softens our harsh exterior and takes the threat out of most new situations."

In the recent St Barnabas newsletters, we have been publishing suggested spiritual practices recommended by our spiritual director, Earlane Klingler for you to sample as you have time and interest. Recently, writing psalms was one of the recommended practices.

We decided to build on that particular recommendation in a more concrete way, and in keeping with November being Gratitude month, we are offering a mini workshop on psalm writing (November 13th at 4:30 pm) and an opportunity for all of our Psalm writers to get together on December 2nd at 6:00 pm) at the Center in person or via Zoom to share the results of their writing with one another and our Higher Power. Join us for this unique opportunity to offer praise and gratitude in a safe and welcoming space during this holiday season. This program is open to all ages and ecumenical in its focus.

Young Artists Holiday Makers Market: Saturday, Nov. 22nd – 11:00am-2:00pm



We're teaming up with Kathleen of Local Folks Creative Studio to bring you a special holiday treat! Young artists and makers 18 & under will be selling handmade items for holiday gifting. Stop by the St. Barnabas Center of Kutztown on Saturday November 22nd, 11-2pm to support your local budding entrepreneurs. Spaces are limited to participate as a vendor, but you can apply via the form [HERE](#). Handmade items only.

Prayer Night Friendsgiving Pot Luck: Sunday, November 23rd – 6:30 pm

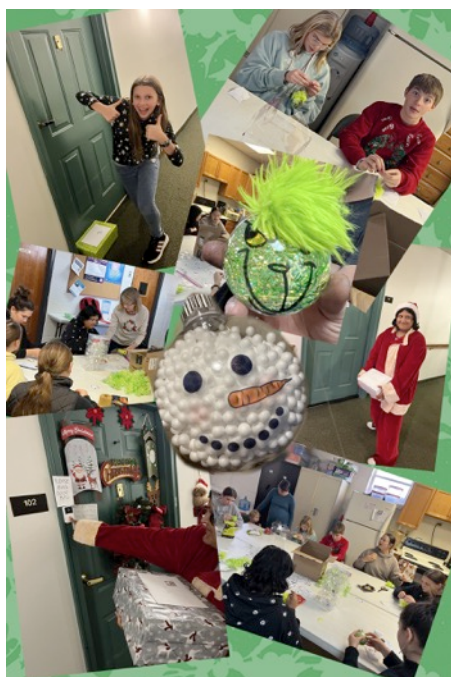


Come to the St. Barnabas Center for an evening of prayer, fellowship and thanksgiving. We will be sharing a potluck meal while giving thanks for our many blessings. So bring a dish to share, make a few new acquaintances or enjoy the camaraderie of old friends. Doors open at 6:30 pm, activity starts at 7:00 pm.

please enter through rear parking lot.

Advent Program at the St. Barnabas Center

As we enter November, we recognize that the season of gratitude, good will and sharing is upon us! Last year as part of a special Advent Program, the St. Barnabas Center partnered with OASIS, the Kutztown After School Program for High School and Middle School Children to make Holiday gift boxes for the residents of a senior living community in the Kutztown Area.



The students and volunteers who worked on this project had a wonderful time baking, crafting and assembling the boxes. And the recipients were very pleased to receive the treats and handmade items that were found in each of the boxes.

We are pleased to announce that we will again be conducting the Advent Gift Box program and have identified the residents of another senior living community in Kutztown to be this year's recipients of the gift boxes. We learned from our experience last year that we needed to start earlier and work hard at recruiting your help to make the program as good if not better than our first year.

The program is designed in such a way that we will be collecting donations over the next six weeks. And we will include a list of items that are much needed at the end of this article.

While the collection phase is on, we are also asking

volunteers who knit or crochet to assist in making hats, scarves, or prayer cloths. We have the yarn and patterns, but we need some folks who are handy with needles to help us make warm winter items to be included in the boxes. Crafters can contact the Center and pick up free yarn whenever the Center is open or when the Community Crafters group meets on Thursdays 2-4pm.

We will also need some assistance with baking, assembling and wrapping boxes, writing cards for the residents, and so on.

If you'd like to be a part of this team, Please send your contact information to the St. Barnabas Center and we will contact you about the date and time for an organizational meeting. Donation Items needed include: ● Shoe Boxes ● Hats, Scarves, Socks, soft slippers with non slip strips, shawls,



mittens, prayer cloths. ● Holiday napkins, placements, hand towels, hot pads, mugs ● Games, e.g. crossword or sudoku magazines, reading material, small puzzles, etc. ● Non perishable food items, such as: packaged individual servings of coffee, tea, hot chocolate and cider, single serve packages of cookies, crackers, oatmeal, low sugar fruit cups, low salt snacks, holiday candies, etc.

Donations can be dropped off during regular Center hours or arrangements can be made to have someone onsite when you are able to deliver. Your donations will really help us to make this year's program a success and your time spent with others making this happen will help us all to feel the benefit of serving in our community.

Spiritual Direction for Seekers:

The Saint Barnabas Center is pleased to partner with Earlane Klingler, a Spiritual Director trained at Moravian Seminary. Earlane is offering monthly one-hour sessions via Zoom or telephone. *"Spiritual direction is an exploration of a person's spiritual journey with someone trained in listening, deep reflection, and discernment."* Teresa Blythe

It is confidential sharing of your experience of your God or higher source. Free introductory session to explore if this is right for you. If interested or if you have any questions, please contact Earlane Klingler at klingle@moravian.edu

Spiritual Practice – Scripture and Drama:

A Deeper Understanding in the Story of Martha and Mary

Adapted from *50 Ways to Pray* by Teresa A. Blythe

This practice allows you to go more deeply into what scripture says to you, about "what the better part of life" with Jesus is.

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She has a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed-or indeed only one. Mary has chosen what is better and it will not be taken away from her." Luke 10:38-42

This exercise allows you to creatively understand what this scripture means to you by acting out the story. After reading the passage:

- ❖ Write a short story or play that reflects the meaning of this passage to you, updated for this period in which we are living. You can change the situation, characters, and gender of the characters. You can write it in dialogue form using narration or whatever form fits you.
- ❖ Read what you have written, and imagine the characters coming alive as you read it.
- ❖ Reflect on
 - What character do you identify with? Why?
 - How has your perspective of this story changed, or has it?
 - In what situations do you find yourself like Martha? Why
 - In what situations do you find yourself like Mary? Why

End in silent reflection. Note: You can do this exercise with any biblical story.

Better Place Therapy Workshops & Seminars:



We are working with the St. Barnabas Center to develop some new programming and workshops. You'll be hearing more about these offerings in the coming months.

For more information about our services, workshops, & seminars please email us at info@better-place-therapy.com. If you want to pass along any other requests or ideas to serve Kutztown, we welcome your suggestions.

All events are presented by Wendy Hill, a Licensed Marriage and Family Therapist in PA.

Other Community Events & Outreach:

Mt. Zion Lutheran Church

Fall Labor of Love Day! Saturday, November 15 - 9 AM until 12 noon

Can we help you!!!

Do you have tasks around your home that you cannot accomplish by yourself such as: raking leaves, stowing away lawn furniture, cleaning out rain gutters, changing light bulbs & fire alarm batteries, removing window air conditioners, moving furniture or appliances, trimming low hanging branches, etc.?

Please contact our Project Coordinator Joe Arndt by phone or text at #610-698-0852, or his email joeymarndt@aol.com, to discuss your needs and to get your tasks on our workday schedule.

This is open to anyone in the community who needs help, not only our church members.

If you can help, be at Mt. Zion at 8:30 AM on November 15, and let Joe know you will be coming to join the team!

We will begin with coffee and refreshments before heading out.

'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' - Matthew 25:40

Christmas Bazaar & Cookie Sale!!! Saturday, November 22, 9 AM to 2 PM

Basket Raffle

Christmas Flea Market

Soup, BBQ, Burgers, Dogs, Pierogies, Drinks

Vendors, Vendors, Vendors!!

Come do your Christmas Shopping!

ST. Paul's UCC Kutztown

Community Dinner: Wednesday, November 5th, 2025 4:30 PM—6:00 PM

St. Paul's UCC, 47 South Whiteoak Street, Kutztown, Pa. 19530

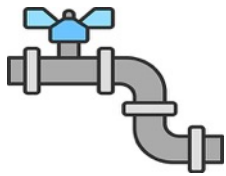
(610) 683-3393

Menu: Open face Turkey Sandwich Potato Filling Salad w/bacon dressing Cranberry Sauce

Green Beans Dessert & Beverages

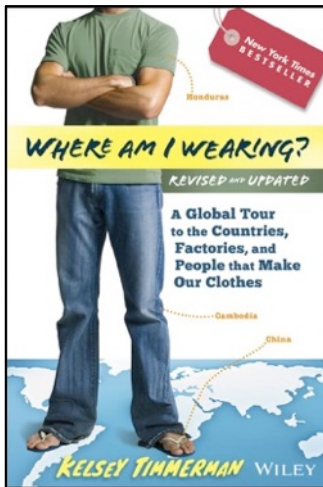
FREE WILL OFFERING

Proceeds to benefit "Habitat for Humanity".



IN THE PIPELINE:

Brave Space Book Club: Coming Soon



Brave Space Book Club will be scheduled for this November on Zoom:

Where Am I Wearing – A Global Tour to the Countries, Factories, and People that Make Our Clothes – Revised and Updated by Kelsey Timmerman

We will journey with Kelsey Timmerman as he visits the factories where his favorite clothing is made. We will explore the conditions under which textile workers live and work, and how to make mindful decisions about our clothing choices as informed, active citizens. If you prefer to buy local, Firefly Bookstore is a great resource.

Call or email the Center to register for the group and receive your zoom link at Stbarnabascenter@hometownnu.com: 484-648-2814

Kutztown Historical Society The Churches of Kutztown Open House:

Sunday, January 4th, 2026 – 1:00pm-5:00pm

Come take the Society's Walking Tour and be greeted at Kutztown's Historical Churches.



Last year the Kutztown Historical Society offered an event, “The Churches of Kutztown Open House.” Due to a very successful day, St. Barnabas Center is pleased to participate in this event again. The event is a self-guided tour for our community to learn about the historic background and see beautiful holiday decorations of the Kutztown churches.

Non-Violent Communication Workshops Jan. 7th, 14th, 21st, 28th, & Feb. 4th

Wednesday Evenings from 6:30 – 8:00pm



Coming soon, a weekly class for all ages on conflict resolution based on nonviolent communication philosophy and practice. There will be 5 meetings during consecutive weeks starting in January 2026. Each class will take us through the steps of nonviolent communication, including opportunities to practice newly learned skills for each step in the process.

Kutztown's Trick or Treat Night!



A big thank-you to our intern Sarah and her colleague Caryssa for manning a table representing the St. Barnabas Center during Kutztown's recent Trick or Treat night! These fabulous KU students



decorated our table and greeted all the little ghouls and goblins, handing out candy and

Halloween themed coloring pages. It was a frightfully fun evening for all participants!

You Can Lend A Hand to Help Grow the Center!

Our board is working hard to improve our organization and outreach to the community, and we could use the help of our talented community members. There are multiple opportunities to share your interests and talents by volunteering an hour or two each month as a part of one of our sub-committees: Program Development, Marketing & Outreach, Sponsorship & Grants, Fundraising. If you're interested in joining our terrific group of volunteers or would like more information, please send us an email at stbarnabas@hometownnu.com listing your area of interest & your contact info. We would love to have you become part of our team!

My name is Chuck Brown. I am the facilities manager of the Center. You can speak to me about any activity or issue concerning the Center or offer suggestions for programs you think would work for the Center. I am in the office Monday through Thursday from 10:00am -12:00 noon. If you call at other times, leave a message and I will answer you during our office hours. The Center phone number is 484-648-2814 or email stbarnabascenter@hometownnu.com.
Till next month-

Chuck

Visit us at the St. Barnabas Community Center Website at
<http://www.stbarnabasktown.org>.

We value your privacy. Contact us at stbarnabascenter@hometownnu.com if you wish to be removed from our mailing list.